



The Granby Council on Aging

10 West State Street, Granby, MA 01033

Granby's Adult Community Center

Granby Senior Center :

Hours: Monday - Friday

9:00 a.m. to 3:00 p.m.

Telephone: 413-467-3239

Fax: 413-467-7209

Website: www.granby-ma.gov

Facebook: Granby Senior Center

Senior Center Staff:

Jessica Langlois

Senior Services Director

coadirector@granby-ma.gov

Kimberly Myers

Activities Coordinator

Nutrition Site Coordinator

kmyers@granby-ma.gov

Deborah Legrand-Wellman

Outreach Worker

Wed & Thurs 9:00-2:00

outreach@granby-ma.gov

Robin Oey

Receptionist

coaclerk@granby-ma.gov

Ralph Blanchard

Rich Gaj

Gerry Gennari

Drivers



Council on Aging Executive Board:

Donna Kmelius-Chair

Beth Isabell-Co Vice-Chair

Robert Camus-Co Vice-Chair

Lillian Camus-Secretary

Cynthia Custeau

Barbara Hauschild

Bill Kmelius

Cecilia LaPorte

Joyce Polverini

Gail Roy

Lynn Trompke

Carol Zebrowski

Mission Statement

The Granby Council on

Aging is committed to

enhancing the lives of senior

citizens, age 60 and older,

through services, programs and

activities that educate, assist and

advocate on behalf of the

elderly.

Happy Thanksgiving



Veteran's Corner:

Tuesday, November 1st @ 10am

Receive updated information concerning your VA Pension Laws, hear discussions relative to our Veteran's and socialize with other Veteran's.

This group is lead by Larry White



VNA / HOME CARE

Cholesterol Screenings

Presented by: Porchlight VNA

Tuesday, November 1st

9am-11am



The cost is \$5 and appointments can be made by calling 467-3239.

***2nd Annual* Veteran's Breakfast**

Thursday, November 10th

9am-11am

There will be a continental breakfast served. Guest speakers will be on site to discuss the upcoming Veteran's Memorial.



If you are a veteran or a family member of a veteran, please RSVP by Monday, November 7th.

Bluebird Estates Tour & Lunch

Monday, November 14th

10:30am

Join us as we tour Bluebird Estates in East Longmeadow followed by lunch! RSVP now, seats are limited.



Medicare Open Enrollment

The Medicare Open Enrollment will be from **October 15, 2016 to December 7, 2016**. This is the time when you can make

medical plan or drug plan changes that will start on January 1, 2017. It is a good time to review your coverage and make sure your health plans work for you.

Our SHINE volunteer, Fred Thomas is available on

Tuesdays & Fridays from 9am to 12pm.

Please call ahead to schedule an appointment and we will see that your questions and concerns are addressed.

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Fuel Assistance

Now is the time to start organizing your paperwork for fuel assistance. If you applied and received fuel assistance last year, you should be getting your renewal application in the mail. If you have questions please call Deb Legrand-Wellman in the outreach program at 467-3239.

If you are a first time applicant, applications are available at the COA. Please call the Center to make an appointment to come in, receive a list of the needed documents and fill out the application.

Eligibility is based on the number of people in your household and the combined gross (before taxes) income of all persons residing in the household.

"RMV Near Me" Program

The Granby Senior Center has partnered with the Department of Transportation and the RMV to bring the "RMV Near Me" program to the COA.

This program will allow seniors to make appointments here at the Senior Center for help with various registry business. This can eliminate having to go to the RMV and wait in long lines. Business can include renewing licenses for those 75 and younger, renewing registrations, changing addresses, and reporting lost or stolen disability signs and requesting replacements.



Any questions please call 467-3239 and ask for Jessica!

Fallon Health Insurance Informational

Friday, November 4th
10am

Founded in 1977, Fallon Health provides health care services designed to meet the unique and changing needs of all we serve.

Fallon is the only health plan in Massachusetts that is both an insurer and provider of care.

Join Brian Guagnini here at the Center as he answers your questions and talks about what Fallon has to offer.

Fallon Health **Senior Care Informational**

Thursday, November 17th
11am

Join Kathy Mullen here at the Center and learn about Fallon's Senior Care plans!



The Senior Center presents:

Travel Log

Thursday, November 17th
@12:45pm



Traveling to: Hungary



PLEASE HELP!
Our Thanksgiving Basket donations are WAY DOWN. Currently we have enough food to only fill 30 baskets and we have over 50 seniors and families on our list. Anything you can donate will be a huge help! This program helps so many in our community, we must keep it going.

2016 Thanksgiving Baskets Donations

Turkeys and Potatoes!



Attentions Snowbirds!!

If you head south for the winter please let us know! We can temporarily suspend your newsletter mailing saving the Senior Center unnecessary postage fees.



Once Massachusetts is out of the deep freeze and you return we can resume your mailing.



Florence Bank presents:

Customer's Choice Community Grant!

The Customer's Choice Community Grant program is an annual program that allows Florence Bank Customers to vote for their favorite local non-profit to receive a share of \$100,000!



Please cast your vote for the GRANBY SENIOR CENTER!
Voting can be done by visiting Florence Bank or by going online at www.florencebank.com/vote.

The Center has been fortunate enough to have received enough votes to qualify for part of the grant money the past 2 years. We'd really love to keep the tradition going and make it 3 years!

Thank-you for all your support!!

Monthly Meandering from Deb Legrand-Wellman, Outreach Worker

November is National Diabetes Awareness Month. It is also Lung Cancer Awareness Month with The Great American Smoke Out set for Thursday, November 17th and it is also Alzheimer's Awareness Month.

We will all gain an hour of sleep when we turn our clocks back, ending Daylight Savings Time for the year. We "Fall Back" on Sunday the 6th, setting our clocks back when we go to bed on the 5th.

We will soon be celebrating several Holidays-including Veterans' Day when we honor and thank the men & women in our military for their services to the country. Please use this as an opportunity to support and thank our Veterans. My husband is a longtime member of the American Legion and I know that he has strong feelings about that day.

At Thanksgiving families and friends come together to celebrate all the bounty in our lives. The long Thanksgiving weekend has the most amount of travel as folks go to their destinations. If you happen to be one of those who are "on the move", try to keep your stress down by allowing yourself time and taking an occasional break. If you happen to be alone for the holiday why not contact a friend or neighbor to come over, even if it's just for dessert. My husband and I haven't yet determined where we will be going; we try to vary things from year to year.

I just bought a new cookbook "The Bonne Femme" to celebrate my French heritage. I am looking forward to trying to make a meat pie or Tourtiere. If anyone has a recipe that they might like to share with me, PLEASE feel free. My mom and aunts never gave up their secret recipes!!!

I have been hearing about an increase in scams and frauds and have been the recipient of several calls. It can be scary and it is designed to frighten you into acting impulsively. I have received calls supposedly from the IRS telling me that I am being sued, that this is the final warning. I am then instructed to call a certain telephone number. **Be aware the IRS sends letters, they don't call.** There is a National Do Not Call Registry, contact them at 1-888-382-1222. You need to call them from the telephone number that you want to register. You are also able to report offences, especially those from recorded calls or "robocalls".

NEVER give out private information to anyone who calls. This includes your social security number, credit card number or bank information. Keeping your info private can save you from frauds, scams and identity theft.

HAPPY FALL!

Granby Senior Center Food Pantry

Days:

Monday-Friday

Time:

9:00 a.m.- 3:00 p.m.

DONATIONS

Food Pantry: The Marcy Family, Presbyterian Church, Total Body Yoga & Pilates

General Gift: The Mesheau Family, Suzanne Kramer in memory of Nancy Ann Kramer

Thanksgiving Baskets: Patricia Miller in memory of Armand Couture & Martin Merrill

**Many thanks to all those who made donations
anonymously during the month of October!**

Just a reminder that the Center has a fridge and freezer that can be used for food pantry donations.
Butter, eggs, hamburger and chicken are always appreciated.



This newsletter is partially funded by grants received from the Executive Office of Elder Affairs! We thank them for their continued support!!



Medical Equipment Loans

The Senior Center is now able to loan out medical equipment. Interested parties will need to sign a release form before borrowing any equipment.

Donations to the Granby Senior Center

Your donation to the Senior Center will help to enhance elder services in our community.
Your support is greatly appreciated!

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of:

Send acknowledgement to (indicate name, address & relationship)

Donation amount _____

Please make check payable to:
Town of Granby/COA
10 West State Street, Granby MA, 01033

Please use donation for the following programs:

- ☐ Food Pantry
- ☐ Newsletter Fund
- ☐ Fuel Assistance
- ☐ Thanksgiving Baskets

___ Check here if you would prefer to remain anonymous.

If no area is specified, the funds will be designated to general need.